U.S.ARMY

U.S. AIR FORCE

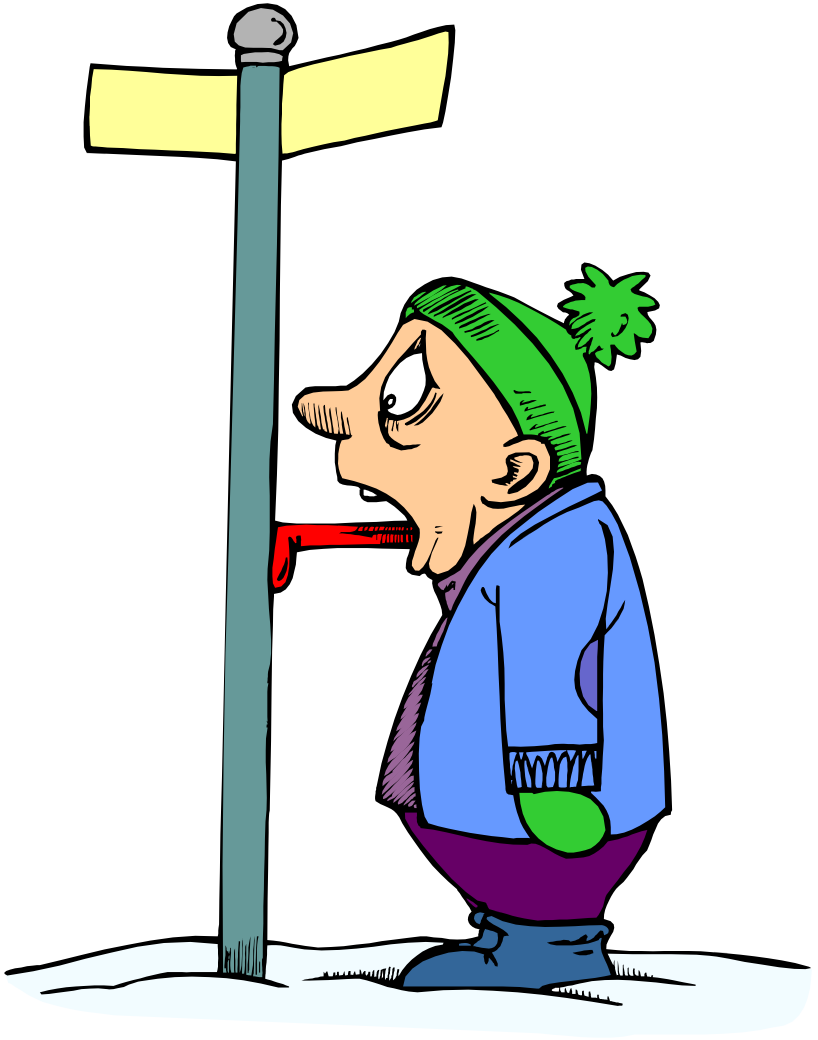
JOINT BASE LEWIS-McCHORD

SERVICE MEMBERS DEFENDING AMERICA

It's colder t a

Dangers of the Cold

- Hypothermia
- Frostbite
- Carbon Monoxide
- Heat Exhaustion
- Trench Foot
- Snowblindness



Wind Chill Factor

Temperature Celsius

	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25
Wind													
5	30	20	20	15	10	5	0	-5	-10	-15	-20	-25	-30
10	20	15	10	5	0	-10	-15	-20	-25	-35	-40	-45	-50
15	15	10	0	-5	-10	-20	-25	-30	-40	-45	-50	-60	-65
20	10	5	0	-10	-15	-25	-30	-35	-45	-50	-60	-65	-75
25	10	0	-5	-15	-20	-30	-35	-45	-50	-60	-65	-75	-80
30	5	0	-10	-20	-25	-30	-40	-50	-55	-65	-70	-80	-85
35	5	-5	-10	-20	-30	-35	-40	-55	-60	-65	-75	-80	-90

Unexposed flesh may freeze within 60 seconds.

Unexposed flesh may freeze within 30 seconds.

Hypothermia.

- Shivering, loss of clear thinking, stupor, muscular stiffness or rigidity, ultimately heart and lung failure and death
- Stay dry, block the wind, use warm, insulated or layered clothing, and avoid exhaustion
- Only field treatment for hypothermia is to get person to trained medical

Frostbite.

- Aching, tingling or stinging; skin first turns red, then pale gray or waxy white
- Deep frostbite, get medical attention as soon as possible
- Do not rub affected areas with snow
- No hot air, such as engine exhaust, open fires, hair dr
- Warm with lukewarm liqui warm drinks, skin to contact, or other gentle h

Frostbite.

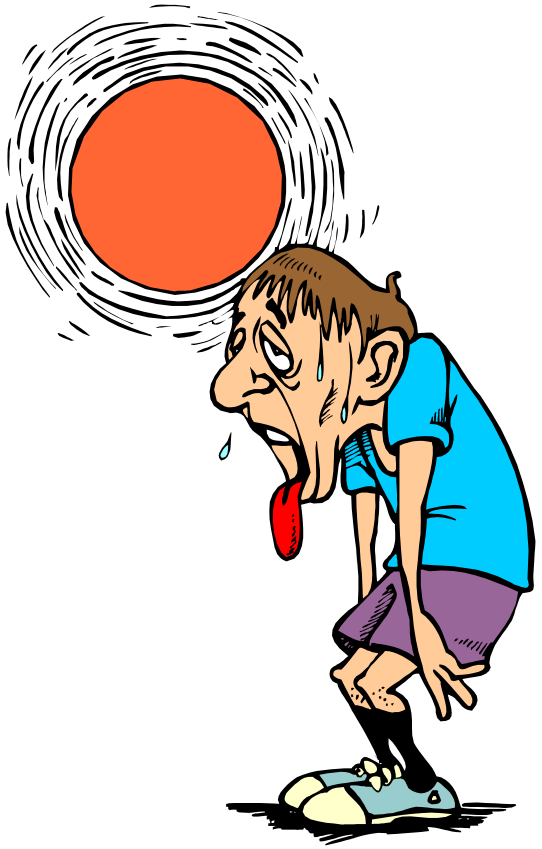
- Wear sufficient clothes, keep dry and use the buddy system
- Avoid tight clothes, shoes, socks, or gloves
- Avoid getting wet from perspiration or other sources
- Exercise finger, toe and face muscles

Carbon Monoxide

- Can't see, smell or taste
- Generated by almost any kind of burning or combustion
- Headache, pounding of the heart, vision problems, dizziness, and mental lapses or confusion
- Can lead to unconsciousness and death don't run engines, charcoal grills, unvented heaters in closed areas

Heat Exhaustion

- Can happen in the coldest weather, as can dehydration
- Especially when wearing layered clothes needed to stay warm



Heat Exhaustion

- Parched, dry mouth; difficulty in swallowing, nausea, faintness, dizziness, and vomiting; tired, with muscle cramps; eyes don't focus well
- Keep warm, but loosen clothing; gradually feed warm liquids; don't eat snow (absorbs body heat); get rest and medical attention as soon as possible

Trench Foot

- Caused by prolonged standing in water, or having wet feet for hours with temperatures somewhat above freezing
- Pale or numb feet and toes, difficulty in walking, and possibly re[illegible] swollen, warm skin in advanced c[illegible]

Trench Foot

- Wear loose, layered socks in good-fitting boots
- Dry wet feet as soon as possible
- Exercise your feet

Snowblindness

- Caused by the reflection of the sun's ultraviolet rays on white snow or ice
- Feeling of grit in the eyes, pain made worse by movin the eyeballs, wat red eyes, headache, and p in increased light

Snowblindness

- Can be prevented by wearing sunglasses
- Blindfold or cover the eyes with a damp cloth; rest is needed; protect with dark bandages or very dark sunglasses if exposure to light unavoidable;

  heals in a few days, normally no permanent damage